How to Continue
Your LOVENOX® Treatment
at Home

Please see important safety information inside this booklet and full prescribing information, including boxed WARNING, for additional important information and indications.
By continuing your treatment with LOVENOX® at home, you’re taking an important step in protecting yourself against the risk of DVT blood clots, or Deep Vein Thrombosis. Throughout this booklet, you’ll learn how to give yourself LOVENOX® treatments at home. When you have your LOVENOX® prescription filled, you will receive prefilled LOVENOX® syringes that are ready to be used with this booklet.

You should continue treatment with LOVENOX® as your doctor has prescribed, and follow through with all your medication as directed. After all, staying involved in your own healthcare is an important part of your recovery now. So, let’s get started!

If you have any medical questions about LOVENOX® after reading through this booklet, please talk to your doctor.

If you have any questions about this booklet, please call sanofi-aventis Medical Information Services at 1-800-633-1610, Option #1.

Protect yourself from the dangers of DVT blood clots

Please see important safety information inside this booklet and full prescribing information, including boxed WARNING, for additional important information and indications.
What is a DVT blood clot?

Deep Vein Thrombosis (DVT) is a condition resulting from the formation of a blood clot (thrombus) inside a deep vein, commonly located in the calf or thigh. A DVT blood clot can be the result of a “sluggish” or disturbed blood flow that occurs due to recent surgery, a prolonged hospital stay, or extended time spent off your feet due to illness or injury.

What is PE?

Once a blood clot forms, it can break off and travel to the lungs. Blood clots in the lungs can cause a Pulmonary Embolism (PE), an extremely serious and potentially fatal condition. In fact, as many as 300,000 people die from PE each year — more than AIDS and breast cancer combined.

LOVENOX® is a medication that can help reduce the risk of blood clots from forming in the first place. It can also help treat patients who have already been diagnosed with a DVT blood clot.

What increases the risk of DVT blood clots?

Certain health conditions and an extended period of time spent off your feet due to an illness or hospital stay can put you at greater risk for developing a DVT blood clot. Some examples are:

- Increasing age
- Birth control pills, pregnancy, and hormone replacement therapy (HRT)
- Cancer and its treatment
- Heart failure
- Chronic respiratory failure or COPD

What are the signs of DVT and PE?

Warning signs of a DVT blood clot (clot in leg)

As many as half of all DVT blood clots occur without any symptoms, which is why it’s so important to take steps to protect yourself. However, if you experience any of these symptoms, call your doctor immediately:

- Pain or tenderness in the leg
- Swelling, discoloration, or redness in the leg
- Warmth of the leg

Warning signs of PE (clot in lung) may include:

- Chest pain
- Rapid pulse (racing heartbeat)
- Rapid breathing
- Shortness of breath
- Cough — with or without blood in the saliva
- Fatigue
- Low-grade fever up to 101°

If you experience any of these symptoms, call your doctor immediately.

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What is LOVENOX®?

A low-molecular-weight heparin, LOVENOX® is an anticoagulant drug. That means it thins the blood and alters the body’s normal clotting process so clots take longer to form. Anticoagulant drugs are sometimes known as “blood thinners.”

LOVENOX®: Proven, predictable protection against DVT blood clots

- In clinical trials, LOVENOX® had a <1% rate of PE, a potentially fatal complication of DVT blood clots
- Over 100 million people worldwide have been prescribed LOVENOX®
- LOVENOX® can be taken safely with most other medications (Please see Page 12 for a full list of these medications)

Your LOVENOX® injections can be given at home

You inject LOVENOX® directly under the skin, into fatty tissue only. LOVENOX® should not be injected into your muscle. It’s best to take LOVENOX® at the same time every day — so be sure to choose a time that will be convenient for you throughout your treatment. (Please see page 8 for our Step-by-Step Self-Injection Guide.)

Typical Treatment Guidelines

You should follow your doctor’s specific instructions for how long to continue your LOVENOX® treatment after you leave the hospital, and how often you should inject LOVENOX®. Just for reference, below are some general treatment guidelines for patients with certain medical conditions. However, these are only a reference point — length of treatment will differ with each individual and each prescription. It’s also important to continue using LOVENOX® as directed by your doctor until your prescription runs out.

<table>
<thead>
<tr>
<th>IF YOU NEED PROTECTION AGAINST DVT DUE TO</th>
<th>YOU MAY TAKE LOVENOX®</th>
<th>FOR THIS LONG</th>
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<tbody>
<tr>
<td>Restricted mobility due to prolonged illness</td>
<td>Once a day</td>
<td>6 to 11 days</td>
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<tr>
<td>Hip replacement surgery</td>
<td>Once a day</td>
<td>7 to 10 days; in some cases up to 4 weeks</td>
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<tr>
<td>Knee replacement surgery</td>
<td>Twice a day</td>
<td>7 to 10 days</td>
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<tr>
<td>Abdominal surgery</td>
<td>Once a day</td>
<td>7 to 10 days</td>
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</table>

<table>
<thead>
<tr>
<th>IF YOU ALREADY HAVE DVT AND YOU ARE</th>
<th>YOU MAY TAKE LOVENOX®</th>
<th>FOR THIS LONG</th>
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</thead>
<tbody>
<tr>
<td>In the hospital</td>
<td>Twice a day</td>
<td>Average 7 days</td>
</tr>
<tr>
<td>Recovering at home</td>
<td>Twice a day</td>
<td>Average 7 days</td>
</tr>
</tbody>
</table>

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LOVENOX® (enoxaparin sodium injection) is not the same as “unfractionated heparin” or other drugs called “low-molecular-weight heparins.” Therefore, these drugs cannot be used interchangeably with LOVENOX®.

Certain procedures, called “epidural/spinal anesthesia” and “spinal puncture,” may be used as a normal part of hospitalization. Patients requiring these procedures while being treated with LOVENOX® or other low-molecular-weight heparins are at risk of developing a blood clot in or around the spine. This condition may result in long-term or permanent paralysis.

LOVENOX® can alter the blood’s ability to clot. Patients treated with LOVENOX®, who also have conditions affecting the clotting system, must be carefully monitored by their physician. Adjusting the dose of LOVENOX® may be necessary for patients who have certain forms of kidney disease. All patients receiving LOVENOX®, as well as other anticoagulants, should be carefully monitored for bleeding by their physician. Bleeding can occur at any site with LOVENOX® use.

Platelet drops, known as “thrombocytopenia,” can occur with LOVENOX® use. Cases of a related condition called “heparin-induced thrombocytopenia” have been observed in clinical practice. If you have had this condition, you must notify your healthcare professional. Your physician may perform blood tests to monitor for the occurrence of any drop in platelet count.

The use of LOVENOX® has not been adequately studied in pregnant women with artificial (mechanical) heart valves.

LOVENOX® should not be used in patients with an allergy or sensitivity reaction to the active ingredient called enoxaparin sodium, heparin, or pork products, and in patients with active major bleeding.

Common side effects include mild local reactions or irritation at the site of injection, pain, bruising, and redness of skin.

For specific questions about your health, you should always consult your physician or a qualified healthcare professional who is responsible for your care.

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Indications and Usage
LOVENOX® Injection is indicated for the prophylaxis of Deep Vein Thrombosis, which may lead to Pulmonary Embolism:
- in patients undergoing abdominal surgery who are at risk for thromboembolic complications;
- in patients undergoing hip replacement surgery, during and following hospitalization;
- in patients undergoing knee replacement surgery;
- in medical patients who are at risk for thromboembolic complications due to severely restricted mobility during acute illness.

LOVENOX® Injection is indicated for the prophylaxis of ischemic complications of unstable angina and non-Q-wave myocardial infarction, when concurrently administered with aspirin.

LOVENOX® Injection is indicated for:
- the inpatient treatment of acute Deep Vein Thrombosis, with or without Pulmonary Embolism, when administered in conjunction with warfarin sodium;
- the outpatient treatment of acute Deep Vein Thrombosis, without Pulmonary Embolism, when administered in conjunction with warfarin sodium.

Does LOVENOX® have any side effects?
LOVENOX®, like all medications, may have side effects. IT IS IMPORTANT TO NOTIFY YOUR HEALTHCARE PROFESSIONAL IF YOU NOTICE ANY OF THE FOLLOWING:

- Bleeding or oozing from surgical wound
- Any other bleeding episodes; for example, bleeding at the site of the injection, nosebleeds, blood in your urine, or if you cough or vomit blood
- Spontaneous bruising (a bruise not caused by a blow or any apparent reason)
- Pain or swelling in any part of your leg, foot, or hip
- Dizziness, numbness, or tingling
- Rapid or unusual heartbeat
- Chest pain or shortness of breath
- Vomiting, nausea, or fever
- Confusion
Step-by-step guide to self-injection

At first, it may seem like a lot to remember, but injecting LOVENOX® will be much easier after you do it a few times. Be sure to discuss these steps with your doctor before you administer LOVENOX® for the first time.

1. Wash and dry your hands thoroughly.

2. Sit or lie in a comfortable position, so that you can see your abdomen.

3. Choose an area on the right or left side of your abdomen, at least 2 inches from your belly button. Think “love handles.”

4. Clean the injection site with alcohol swab. Let dry.

5. Remove needle cap by pulling it straight off the syringe and discard in sharps collector.

Please see important safety information inside this booklet and full prescribing information, including boxed WARNING, for additional important information and indications.
6. Hold syringe like a pencil in your writing hand.

7. With other hand, pinch an inch of the cleansed area to make a fold in the skin. Insert full length of needle straight down—at a 90° angle—into the fold of skin.

8. Press plunger with your thumb until syringe is empty.

9. Pull needle straight out at the same angle that it was inserted, and release skin fold.

10. Point needle down and away from yourself and others, and push down on plunger to activate safety shield.

11. Place used syringe in sharps collector.

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**Do’s and Don’ts**

**Things to keep in mind when using LOVENOX®**

**DO** let the injection site dry after applying alcohol; a wet site can increase stinging.
**DO** be sure to hold the fold of skin on your abdomen until you are finished giving the injection. This ensures that the medicine enters only the fatty tissue and not the muscle.
**DO** alternate injection sites each day.
**DO** inject at the same time each day.
**DO** dispose of the syringe after injection in the sharps collector provided.
**DO** look for unusual signs of bleeding.
**DO** tell your doctor about other medications you may be taking, including those that do not require a prescription.

**DON’T** put the syringe down or allow it to touch anything after taking off the needle cap.
**DON’T** twist off the needle cap — it could bend the needle.
**DON’T** inject into a scar, bruise, or area where clothing may rub.
**DON’T** rub the site after the injection, which could cause bruising.
**DON’T** recap the needle after injection — the protective shield will be in place.
**DON’T** freeze LOVENOX® — store it at room temperature.
**DON’T** give LOVENOX® to anyone other than the person it was prescribed for.
**DON’T** take these common medicines while you are taking LOVENOX®, unless your doctor tells you to. They may increase your risk of bleeding:
- Aspirin or aspirin-containing products
- Other platelet inhibitors
- Salicylates (aspirin-like products)
- Nonsteroidal anti-inflammatory drugs (NSAIDs)
- Cold or allergy products or pain relievers that contain any of these drugs

**What are the potential side effects of LOVENOX® treatment?**

LOVENOX®, like all medications, may have side effects. The most common side effects include mild local reactions or irritation, pain, bruising, and redness of the skin.

**YOU SHOULD CALL YOUR HEALTHCARE PROFESSIONAL RIGHT AWAY IF YOU NOTICE ANY OF THE FOLLOWING:**

- Bleeding or oozing from surgical wound
- Any other bleeding episodes; for example, bleeding at the site of the injection, nosebleeds, blood in your urine, or if you cough or vomit blood
- Spontaneous bruising (a bruise not caused by a blow or any apparent reason)
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- Dizziness, numbness, or tingling
- Rapid or unusual heartbeat
- Chest pain or shortness of breath
- Vomiting, nausea, or fever
- Confusion

Please see important safety information inside this booklet and full prescribing information, including boxed WARNING, for additional important information and indications.
Keep track of your daily treatments here

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<thead>
<tr>
<th>Day/Date</th>
<th>Time</th>
<th>Injection site</th>
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Use this handy chart to record the time and injection site for each of your LOVENOX® treatments. It's important to alternate injecting yourself from right to left. You should also inject yourself at the same time each day to ensure the right level of LOVENOX® is in your body at all times.

Where to inject LOVENOX®

These are all correct sites for your LOVENOX® injections. If you like, you can use this illustration to help you keep track of your injections. Simply write the date and time of each injection next to your chosen site. Remember to alternate sides each time.
Where to inject LOVENOX®

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**Frequently Asked Questions**

**May I inject anywhere other than the abdominal area?**
No. LOVENOX® should be injected into the fatty tissue only, which is why the abdomen is the recommended injection site. It is important not to inject LOVENOX® into the muscle, as it can cause you to bruise, which can be uncomfortable.

**How do I dispose of my syringes?**
Simply drop your used syringes into a sharps collector—needle point facing down. Close the lid tightly, and be sure to keep the container out of the reach of children. When the container is full, contact your healthcare provider for disposal instructions.

**How do I store LOVENOX®?**
You should store your prefilled syringes at a room temperature of about 77°F away from light and moisture, and out of the reach of children.

**What should I do if the automatic safety device has already been activated?**
Do not use the syringe — use a new one for your injection. Keep the defective syringe safely stored and call us at 1-800-633-1610, Option #1, or call your pharmacist.

**What should I do if there is an air bubble in the syringe?**
Every syringe comes with a small air bubble. DO NOT expel the air bubble unless your doctor instructs you to adjust your dose. It's safe to give yourself the injection, even with the air bubble.

**What should I do if I think I have given myself too much LOVENOX®?**
Call your healthcare provider immediately, even if you don’t see or feel any unusual symptoms right away.

**My doctor has prescribed less than a full syringe for me. What should I do?**
Hold the syringe with the needle pointing down, but close enough so you can read the writing. Then expel the excess portion, and tap it off, until the contents align with the dosage that your physician prescribed.

**Who should I call if I have more questions about LOVENOX®?**
Always contact your healthcare provider first. You can call sanofi-aventis Medical Information Services at 1-800-633-1610, Option #1, or log on to www.lovenox.com and click on “Contact Us” at the bottom of the screen.

**Does my insurance cover the cost of LOVENOX®?**
To find out, call 1-888-632-8607. We’re available Monday through Friday, 7:30 a.m. to 9:00 p.m., EST. Also, you may be eligible for a participating prescription savings or prescription assistance program. One of our Patient Assistance Representatives at 1-888-632-8607 will be happy to help you.

**What else can I do to protect against risk of DVT blood clots?**
At sanofi-aventis, we’re committed to helping you to reduce your risk throughout your lifetime. By joining our free Know Your Risk Program, you’ll get ongoing information and support from doctors, nurses, and nutrition and fitness experts. You can also learn more about DVT blood clots and their risks by visiting www.lovenox.com.

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**Terms you should know**

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
<th>Term</th>
<th>Definition</th>
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<tbody>
<tr>
<td><strong>Anticoagulant:</strong></td>
<td>A medicine that decreases the blood’s ability to clot, therefore lessening the risk of DVT.</td>
<td><strong>Low-molecular-weight heparin:</strong></td>
<td>Another type of anticoagulant used to reduce the risk of and treat blood clots.</td>
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<td><strong>Arteries:</strong></td>
<td>Thick-walled vessels that carry oxygen-rich blood away from the heart.</td>
<td><strong>Pulmonary artery:</strong></td>
<td>Carries deoxygenated blood from the right ventricle of the heart to the lungs.</td>
</tr>
<tr>
<td><strong>Blood clot:</strong></td>
<td>A firm mass of thickened blood.</td>
<td><strong>Pulmonary Embolism:</strong></td>
<td>A DVT blood clot that travels from the leg through blood circulation and becomes lodged in the lung.</td>
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<tr>
<td><strong>Deep Vein Thrombosis (DVT):</strong></td>
<td>Formation of blood clots in veins located deep within the muscles, usually in the legs.</td>
<td><strong>Thrombus:</strong></td>
<td>A blood clot that forms inside a blood vessel or cavity of the heart.</td>
</tr>
<tr>
<td><strong>Embolism:</strong></td>
<td>Sudden blockage of a vein by a blood clot that breaks free and travels through the bloodstream.</td>
<td><strong>Veins:</strong></td>
<td>Thin-walled vessels that carry deoxygenated blood to the heart.</td>
</tr>
<tr>
<td><strong>Heparin:</strong></td>
<td>An anticoagulant commonly used to reduce the risk of and treat blood clots.</td>
<td><strong>Warfarin:</strong></td>
<td>Another type of anticoagulant used to reduce the risk of and treat blood clots.</td>
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<tr>
<td><strong>Immobility:</strong></td>
<td>Inability to move.</td>
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Making just a few simple changes in your daily routine can go a long way toward protecting you from developing DVT blood clots in the future. As always, before starting any new diet or exercise program, please discuss it with your doctor.

- Maintain a healthy weight.

- Ask your doctor about exercises you can do to enhance your blood flow.

- Quit smoking.

- Check with your doctor before taking any medications, vitamins, or other supplements.

- Stay aware of your personal DVT risk factors over time and discuss any changes in your health with your doctor. You can visit www.lovenox.com and use the online Risk Assessment Tool to check your DVT risk.

- If you plan on being off your feet for several days due to surgery or an extended hospital stay, discuss your DVT risk with your doctor. Ask if treatment with LOVENOX® is right for you again.

- Avoid sitting for long periods of time. Try to move around at least once an hour.

- If you cannot walk around, try to move your feet or stretch your legs while in a seated position.
Join the FREE Know Your Risk Program today

When you sign up for the FREE Know Your Risk Program, you’ll receive ongoing education and support to help you learn more about DVT blood clots. Through our newsletter and other communications, you’ll learn ways to protect yourself against DVT blood clots.

That’s especially important if you have certain health conditions, or you are hospitalized again in the future, because you could be at increased risk for DVT blood clots. So the more you learn about DVT, the better you can protect yourself in the future.

Visit www.lovenox.com to enroll today!